

## ABSTRACT

An image recording method and apparatus for recording an image on a holographic stereogram in such a manner as to generate an optimum reproduced image, and an image reproducing method and apparatus capable of generating an optimum reproduced image from the holographic stereogram. A parallax image string is recorded as a series of strip- or dot-shaped hologram elements by having an object light beam and a reference light beam fall on one and the other surfaces of a recording medium for hologram 130. On the reference light incident side, a light inlet block 52 is arranged for having contact with the recording medium for hologram 130 so that no significant change in the refractive index will be produced on an interface with the recording medium for hologram 130. The reference light beam is illuminated via this light inlet block 52 on the recording medium for hologram.